



Bright Futures Parent Handout

15 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

COMMUNICATION AND SOCIAL DEVELOPMENT

Talking and Feeling

- Show your child how to use words.
 - Use words to describe your child's feelings.
 - Describe your child's gestures with words.
 - Use simple, clear phrases to talk to your child.
 - When reading, use simple words to talk about the pictures.
- Try to give choices. Allow your child to choose between 2 good options, such as a banana or an apple, or 2 favorite books.
- Your child may be anxious around new people; this is normal. Be sure to comfort your child.

SLEEP ROUTINES AND ISSUES

A Good Night's Sleep

- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Put your child to bed at the same time every night. Early is better.
- Try to tuck in your child when she is drowsy but still awake.
- Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

Safety

SAFETY

- It is best to keep your child's car safety seat rear-facing until she reaches the seat's weight or height limit for rear-facing use. Do not switch your child to a forward-facing car safety seat until she is at least 1 year old and weighs at least 20 pounds.
- Follow the owner's manual to make the needed changes when switching the car safety seat to the forward-facing position.
- Never put your child's rear-facing seat in the front seat of a vehicle with a passenger airbag. The back seat is the safest place for children to ride.
- Everyone should wear a seat belt in the car.
- Lock away poisons, medications, and lawn and cleaning supplies.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Keep your child away from pot handles, small appliances, fireplaces, and space heaters.
- Lock away cigarettes, matches, lighters, and alcohol.
- Have working smoke and carbon monoxide alarms and an escape plan.
- Set your hot water heater temperature to lower than 120°F.

TEMPER TANTRUMS AND DISCIPLINE

Temper Tantrums and Discipline

- Use distraction to stop tantrums when you can.
- Limit the need to say "No!" by making your home and yard safe for play.
- Praise your child for behaving well.
- Set limits and use discipline to teach and protect your child, not punish.
- Be patient with messy eating and play. Your child is learning.
- Let your child choose between 2 good things for food, toys, drinks, or books.

HEALTHY TEETH

Healthy Teeth

- Take your child for a first dental visit if you have not done so.
- Brush your child's teeth twice each day after breakfast and before bed with a soft toothbrush and plain water.
- Wean from the bottle; give only water in the bottle.
- Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier in your mouth.

What to Expect at Your Child's 18 Month Visit

We will talk about

- Talking and reading with your child
- Playgroups
- Preparing your other children for a new baby
- Spending time with your family and partner
- Car and home safety
- Toilet training
- Setting limits and using time-outs

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org



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Positive Parenting Tips for Healthy Child Development



Toddlers (1-2 years old)

Developmental Milestones

During this time, your child is becoming increasingly more mobile, and aware of himself and his surroundings. Her desire to explore new objects and people is also increasing. During this stage, your toddler will show greater independence, begin to show defiant behavior, recognize himself in pictures or a mirror, and imitate the behavior of others, especially adults and older children. Your toddler will also be able to recognize names of familiar people and objects, form simple phrases and sentences, and follow simple instructions and directions.

For more information on developmental milestones and warning signs of possible developmental delays, visit [Learn the Signs. Act Early](http://www.cdc.gov/ncbddd/autism/ActEarly). (<http://www.cdc.gov/ncbddd/autism/ActEarly>)

Positive Parenting

- Keep reading to your toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games with your toddler.
- Encourage him to explore and try new things.
- Help to develop your toddler's language by talking with her.
- Encourage your toddler's curiosity and ability to recognize common objects by taking field trips together to the park or a bus ride.



Child Safety First

As your child is becoming increasingly mobile, his ability to encounter more dangers is increasing as well. Here are a few recommendations to help keep your growing toddler safe.

- Block off stairs with a small gate or fence. Lock doors to dangerous places such as the garage or basement.
- Toddler proof your home by placing plug covers on all unused electrical outlets.
- Keep kitchen appliances, irons, and heaters from the reach of your toddler. Turn pot handles toward the back of the stove.
- Keep sharp objects such as scissors and pens in a safe place.
- Lock up medicines, household cleaners and poisons.
- Never leave her alone in the car, even for a few moments.
- Store any guns in a safe place out of his reach.

Promoting the health of babies, children, and adults,
and enhancing the potential for full, productive living

www.cdc.gov/ncbddd

Department of Health and Human Services

National Center on Birth Defects and Developmental Disabilities

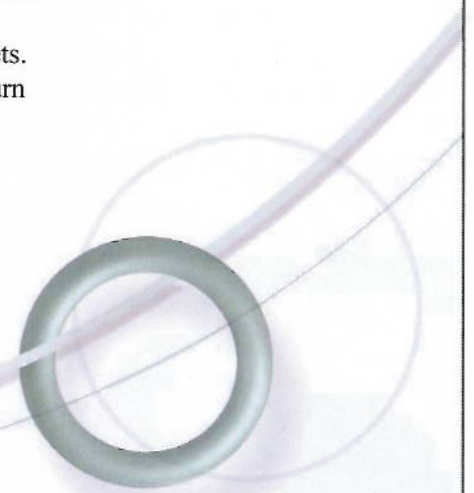


Illustration by
Billy Nuñez, age 16



TEACHING GOOD BEHAVIOR: TIPS ON HOW TO DISCIPLINE

DISCIPLINE IS HOW PARENTS TEACH THEIR CHILDREN

- Praise success and good tries.
- Be clear and consistent about what you expect.
- Listening is important; let your child finish the story before helping to solve the problem.
- Praising your child for good behavior works most of the time, but you will still need to set limits.
- Sometimes a time-out is needed for either you or your child.

All children want to be good and please their parents, but they need to learn how. Young children view the world as “good and bad” or “right and wrong”—nothing in between.

Teach your child right from wrong with words and actions. Children need to know when they do something bad and when they do something good.

Praising your child will encourage good behavior and reduce bad behavior, but part of a parent's job is to correct bad behavior.

TEACH ALL THE STEPS

What seems simple, like getting dressed in the morning, has many steps for children. If your child “can’t” or “won’t” do something, it may be that your child still needs to learn the steps.

Explain the steps one at a time and then offer praise.

For example,

1. “Please get your clothes. They are on the bed.”
2. “OK, now take off your pajamas.”
3. “Now, put on your shirt.”
4. “You look very nice today. You did a good job getting dressed.”

Take time to remind your child about each step rather than doing it yourself or getting upset. It will take longer at first, but it is well worth it! Learning new skills makes your child more confident.

CATCH YOUR CHILD BEING GOOD

Watch for good behavior like listening to you, being polite, and helping others. Praise good behavior as often as possible. You can even praise a good try!

- “Nice tower. Look how high you built it!”
- “Good sharing. I love it when you play so nicely with your sister.”

Your love and attention are what your child needs and wants. But sometimes children learn that the way to get attention is to misbehave. Teach your child that being good is the best way to get your attention. Praise with words, but remember that a hug or a smile is often just right!

Children love to help. A good way for your child to get your attention is by helping with chores like folding laundry, setting the table, or assisting with simple repairs. Smile and say, “Thanks for your help!”



Children think they are special, and they are! Self-respect is the first step toward learning how to respect others. Children who are loved feel that they are special and learn that other people are special too. It's okay to say,

- "You're a great helper!"
- "Good job!"

When children are doing something good, let them know it by saying, "I like it when you..."



CHILDREN NEED LIMITS

Nobody is perfect; that's why patience is needed. When your child needs to be corrected,

1. Name the bad behavior.
2. Tell your child that the behavior needs to stop.
"No hitting! That's not nice."

While children respond best to praise for good behavior, sometimes other types of discipline are needed.

TIME-OUT—Setting limits for 2- to 5-year-olds

When saying "no" is not enough, try using a time-out. It teaches your child that misbehaving is not a good way to get your attention and it stops the bad behavior. When the time-out is over, you and your child can start all over again.

Steps for giving a time-out are:

1. Warn your child: "If you don't stop, you'll have a time-out."
2. If your child misbehaves again, briefly explain the reason. For a 2-year-old, simply say, "No hitting."
3. Have your child go to a quiet place, like the corner of a room.
4. Start the timer—1 minute for each year of age.
 - 2 years old = 2 minutes
 - 3 years old = 3 minutes
 - 4 years old = 4 minutes
 - 5 years old = 5 minutes

If your child leaves the time-out area,

- Have your child go back.
- Restart the timer.
- Explain the need to "stay put" until it's over.

Other adults caring for your child (grandparents, baby-sitters, aunts, and uncles) also need to know how a time-out works.

Other Ideas

Time-outs can be used too much. Other ways to correct your child's behavior include:

- **Ignoring.** When your child is doing something that is not dangerous to get your attention, try ignoring the behavior.
- **Redirecting.** Sometimes children misbehave because they are bored or don't know any better. Find something else for your child to do.

Correcting a child's behavior can be hard. Talk with your pediatrician for more ideas.

SET CLEAR RULES

Help your child learn the rules by making them plain.

"It's time for bed sweetheart. Please get in your bed now. Then we can read a story. I'm glad you got ready for bed so quickly. I love reading to you at night."

Children will almost always test a new rule for the first few days. Hold fast; say it again and again and your child will learn the new rule. Be consistent, even when it seems like a lot of trouble!

LISTEN TO YOUR CHILD

Children are learning and experiencing many new things every day, and they want to share them. Spend time every day playing and talking with your child. Talk about the good and fun parts of the day as well as any bad or tough times.

If your child had a hard time,

1. Listen to the whole story. Without judging or talking about how to behave, let your child finish telling the entire story.
2. Find positive parts of the story to praise.
3. Teach better ways of behaving and responding.

Questions you can ask at dinner or bedtime include:

- "Tell me about what you did today."
- "What was your favorite thing that happened today?"
- "Was there anything that was hard or that you needed help with today?"

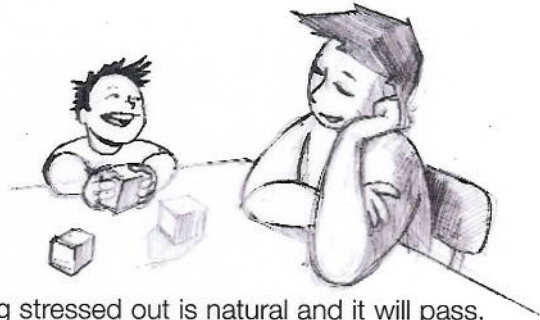
WHEN YOUR CHILD MAKES YOU ANGRY

Sooner or later, all parents get frustrated. Remember that no matter how difficult your child can be, you are the most important person in your child's life.

If you feel out of control, first make sure your child is in a safe place, like a playpen, crib, or bedroom. Then take a "time-out" for yourself.

Do something that you find relaxing to help you calm down.

- Have a cup of tea or coffee.
- Listen to music.
- Call a friend or spouse.
- Read.
- Meditate.



Feeling stressed out is natural and it will pass. When you are feeling better, go back to your child, hug each other, and start over again.

If your child is old enough, you can simply say, "I got really mad when you wouldn't listen. I'm feeling better now. I love you."

When you raise your child with praise, you will both be happier. But it takes a lot of patience and time!

Connected Kids are Safe, Strong, and Secure

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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Sleep Problems in Children



Sleep problems are very common during the first few years of life. Problems may include waking up during the night, not wanting to go to sleep, nightmares, sleepwalking, and bedwetting. All children differ in how much sleep they need, how long it takes them to fall asleep, and how easily they wake up. Parents can help their children develop good sleep habits, even at an early age. Read on to find out how.

Babies

Babies do not have regular sleep cycles until about 6 months of age. While newborns sleep about 16 to 17 hours per day, they may only sleep 1 or 2 hours at a time. As babies get older, they need less sleep. However, different babies have different sleep needs. It is normal for a 6-month-old to wake up during the night but go back to sleep after a few minutes.

Here are some suggestions that may help your baby (and you) sleep better at night.

1. **Keep your baby calm and quiet** when you feed or change her during the night. Try not to stimulate or wake her too much.
2. **Make daytime playtime.** Talking and playing with your baby during the day will help lengthen her awake times. This will help her sleep for longer periods during the night.
3. **Put your baby to bed when drowsy but still awake.** This will help your baby learn to fall asleep on her own in her own bed. Holding or rocking her until she is completely asleep may make it hard for her to go back to sleep if she wakes up during the night.
4. **Wait a few minutes before responding to your child's fussing.** See if she can fall back to sleep on her own. If she continues to cry, check on her, but don't turn on the light, play with her, or pick her up. If she gets frantic or is unable to settle herself, consider what else might be bothering her. She may be hungry, wet or soiled, feverish, or otherwise not feeling well.

Toddlers and preschoolers

Many parents find their toddler's bedtime to be the hardest part of the day. Children this age often resist going to sleep, especially if they have older siblings who are still awake. Use the following tips to help your toddler develop good sleep habits:

1. **Set up a quiet routine before bedtime** to help your child understand that it will soon be time to go to sleep. Use this time to read him a story, listen to quiet music, or give him a bath. It may be tempting to play with your child before bed. However, active play may make your child too excited to sleep.
2. **Be consistent.** Make bedtime the same time every night. This helps your child know what to expect and helps him establish healthy sleep patterns.

SIDS

Sudden infant death syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year. To lower the risk of SIDS, all healthy babies should sleep *on their backs*—both at nap time and at night.

Other ways to help prevent SIDS include

- Use a safety-approved crib with a firm mattress and a fitted sheet.
- The safest place for your baby to sleep is in the room where you sleep, but not in your bed. Keep pillows, quilts, comforters, sheepskins, pillow-like bumper pads, and stuffed toys out of your baby's crib.
- Put your baby in light sleep clothing and keep the room at a comfortable temperature.
- Offer your baby a pacifier if your baby will take it. If you are breast-feeding, wait until your baby is 1 month old before using a pacifier.
- Do not allow smoking around your baby.

3. **Allow your child to take a favorite thing to bed each night.** It's okay to let your child sleep with a teddy bear, special blanket, or some other favorite toy. These often help children fall asleep—especially if they wake up during the night. Make sure the object is safe. Look for ribbons, buttons, or other parts that may be choking hazards. Stuffing or pellets inside stuffed toys can also be dangerous.
4. **Make sure your child is comfortable.** He may like to have a drink of water, a light left on, or the door left slightly open. Try to handle your child's needs before bedtime so that he doesn't use them to avoid going to sleep.
5. **Do not let your child sleep in the same bed with you.** This can make it harder for him to fall asleep when he is alone.
6. **Do not return to your child's room every time he complains or calls out.** Instead, try the following:
 - Wait several seconds before answering and make your response time longer each time he calls. This will give him a chance to fall asleep on his own.
 - Reassure your child that you are there. If you need to go into the room, do not turn on the light, play with him, or stay too long.
 - Move farther from your child's bed every time you go in, until you can reassure him verbally without entering his room.
 - Remind him each time he calls that it's time to go to sleep.
7. **Give it time.** Helping your child develop good sleep habits can be a challenge and it is normal to get upset when a child keeps you awake at night. Try to be understanding. A negative response by a parent can sometimes make a sleep problem worse.

Common sleep problems

There are many things that can cause a child to wake up during the night. Most of these happen when children are overtired or under stress. Keeping your child on a regular sleep schedule or increasing the amount of sleep your child gets may help prevent many of these problems. If your child's sleep problems persist or get worse, talk with your pediatrician.

Nightmares

Nightmares are scary dreams that often happen during the second half of the night when dreaming is most intense. Children may wake up crying or feeling afraid and may have trouble falling back to sleep.

What you can do

- Go to your child as quickly as possible.
- Assure her that you are there and will not let anything harm her.
- Encourage her to tell you what happened in the dream. Remind her that dreams are not real.
- Allow her to keep a light on if it makes her feel better.
- Once your child is ready, encourage her to go back to sleep.
- See if there is something that is scaring your child, like shadows. If so, make sure they are gone.

Night terrors

Night terrors occur most often in toddlers and preschoolers and take place during the deepest stages of sleep. During a night terror, your child might

- Cry uncontrollably.
- Sweat, shake, or breathe fast.
- Have a terrified, confused, or glassy-eyed look.
- Thrash around, scream, kick, or stare.
- Not recognize you or realize you are there.
- Try to push you away, especially if you try to hold him.

While night terrors can last as long as 45 minutes, most are much shorter. Most children fall right back to sleep after a night terror because they actually have not been awake. Unlike a nightmare, a child will not remember a night terror.

What you can do

- Stay calm. Night terrors are often more frightening for the parent than the child.
- Do not try to wake your child.
- Make sure your child cannot hurt himself. If he tries to get out of bed, gently restrain him.

Remember, after a short time, your child will probably relax and sleep quietly again. If your child has night terrors, be sure to tell babysitters what they are and what to do. If night terrors persist, talk with your pediatrician.

Sleepwalking and sleep talking

Like night terrors, sleepwalking and sleep talking happen when a child is in a deep sleep. While sleepwalking, your child may have a blank, staring face. She may not respond to others and may be very difficult to wake up. Most sleepwalkers return to bed on their own and do not remember getting out of bed. Sleepwalking tends to run in families. It can even occur several times in one night among older children and teens.

Keep a sleep diary

If you are concerned about your child's sleep habits, talk with your pediatrician. Keep a sleep diary to help track your child's problem that includes the following:

- Where your child sleeps
- How much sleep she normally gets at night
- What she needs to fall asleep (for example, a favorite toy or blanket)
- How long it takes her to fall asleep
- How often she wakes up during the night
- What you do to comfort and console her when she wakes up during the night
- The time and length of naps
- Any changes or stresses in the home

Track this information for 1 to 2 weeks and bring it with you when you talk with your pediatrician. Keep in mind that sleep problems are very common and with time and your pediatrician's help, you and your child will overcome them.

What you can do

- Make sure your child doesn't hurt herself while sleepwalking. Clear the bedroom of things your child could trip or fall on.
- Lock outside doors so your child cannot leave the house.
- Block stairways so your child cannot go up or down.
- Do not try to wake your child when she is sleepwalking or sleep talking. Gently lead her back to bed and she will probably settle down on her own.

Bedwetting (also called *enuresis*)

Bedwetting at night is very common among young children. Although all of the causes of bedwetting are not fully understood, the following are some that are possible:

- Your child's bladder cannot hold urine for a full night.
- Your child is a deep sleeper and can't wake up in time to use the toilet.
- Your child's body makes too much urine at night.
- Your child is constipated (this can put pressure on the bladder).
- Your child has a minor illness, is overly tired, or is responding to changes or stresses going on at home.
- There is a family history of bedwetting. (Most children that wet the bed have at least one parent who had the same problem as a child.)

What you can do

- Do not blame or punish your child for wetting the bed. Reassure him that it will get better in time.
- Have your child use the toilet before going to bed.
- Avoid giving your child fluids just before bedtime.
- Put a rubber or plastic cover over the mattress to protect against wetness and odors. Keep bedding clean.
- Encourage your child to help change the wet sheets. This will help teach responsibility and avoid the embarrassment of having other family members know about the problem every time it happens.
- Set a no-teasing rule in the family.

Bedwetting usually disappears as children get older. If you are concerned about your child's bedwetting, talk with your pediatrician. There are treatments available.

Teeth grinding

It is common for children to grind their teeth during the night. Though it makes an unpleasant sound, it is usually not harmful to your child's teeth. It may be related to tension and anxiety and usually goes away in a short while. However, it may reappear when your child is stressed.

What you can do

- Try to help your child deal with stress.
- Talk with your pediatrician to rule out any medical problems that may be causing the problem. Also, talk with your dentist or pediatric dentist to make sure the grinding is not harming your child's teeth.

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From your doctor



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First Steps to a Healthy Smile

Tooth decay is the number-one dental problem among preschoolers, but it can be prevented. Starting children with good dental habits from an early age will help them grow up with healthy smiles. The following is important information about how to care for your child's teeth from birth to 24 months of age and beyond.

Baby teeth are important!

Tooth decay can develop as soon as the first tooth appears. It's important to care for your child's baby teeth because they act as placeholders for adult teeth. If baby teeth are lost too early, the teeth that are left may move and not leave any room for the adult teeth to come in. And tooth decay in baby teeth can be painful and cause health problems like infections, which can at times be life-threatening. It can also lead to teasing and speech development problems.

How to care for your child's teeth

Birth to 12 months

- Good dental habits should begin before the first tooth appears. After feedings, gently brush your baby's gums using water on a baby toothbrush that has soft bristles. Or wipe them with a clean washcloth.
- Ask about fluoride. After the first tooth appears, ask your child's doctor if your baby is getting enough fluoride. Many experts recommend using a fluoride-free toothpaste before the age of 2, but check with your child's doctor or dentist first.
- Schedule your baby's well-child visits. During these visits your child's doctor will check your baby's mouth.
- Schedule a dental checkup. If your baby is at high risk for tooth decay, your child's doctor will recommend that your baby see a dentist.

12 to 24 months

- Brush! Brush your child's teeth 2 times a day using water on a baby toothbrush that has soft bristles. The best times are after breakfast and before bed.
- Limit juice. Make sure your child doesn't drink more than 1 small cup of juice each day and only at mealtimes.
- Consult with your child's dentist or doctor about sucking habits. Sucking too strongly on a pacifier, a thumb, or fingers can affect the shape of the mouth and how the top and bottom teeth line up. This is called your child's "bite." Ask your child's dentist or doctor to help you look for changes in your child's bite and how to help your child ease out of his sucking habit.
- Schedule a dental checkup. Take your child for a dental checkup if he has not had one.

24 months

- Brush! Help your child brush her teeth 2 times a day with a child-sized toothbrush that has soft bristles. There are brushes designed to address the different needs of children at all ages, ensuring that you can select a toothbrush that is appropriate for your child.
Encourage her to brush her teeth on her own. However, to make sure your child's teeth are clean, you should brush them again. If your child doesn't want her teeth brushed, it may help to turn it into a game. For example, the toothbrush can look upstairs and downstairs in the mouth for missing treasure in the teeth.
- Use fluoride toothpaste. You can start using fluoride toothpaste, which helps prevent cavities. Teach your child not to swallow it. Use a pea-sized amount or less and smear the paste into the bristles. Swallowing too much fluoride toothpaste can make white or brown spots on your child's adult teeth. If your child doesn't like the taste of the toothpaste, try another flavor or use plain water.
- Floss. You can begin flossing your child's teeth as soon as 2 teeth touch each other. But not all children need their teeth flossed at this age, so check with your dentist first.
- Schedule a dental checkup. Take your child for a dental checkup at least once a year.

Eating and tooth decay

Parents, especially if they have a history of cavities, can pass germs that cause cavities and gum disease if they share food or drinks with their children. Germs can also be spread when parents lick their children's spoon, fork, or pacifier. This is why it is important for parents to not share food or drinks with their children.

The following are other ways parents can help prevent tooth decay in their babies and children:

- If you put your child to bed with a bottle, fill it only with water.
- If your child drinks from a bottle or sippy cup, make sure to fill it only with water when it's not mealtime.
- If your child wants a snack, offer a healthy snack like fruits or vegetables. (To avoid choking, make sure anything you give your child is soft, easy to swallow, and cut into small pieces no larger than one-half inch.)
- Avoid sweet or sticky snacks like candy, cookies, or Fruit Roll-Ups. There is sugar in foods like crackers and chips too. They should only be eaten at mealtime.
- If your child is thirsty, give him water or milk. If your child drinks milk at bedtime, make sure to clean his teeth afterward. Don't let your child sip drinks that have sugar and acid, like juices, sports drinks, flavored drinks, lemonade, soda pop, or flavored teas.

What is a cavity?

Your child's teeth are protected by an outer coating called *enamel*. Tooth decay happens when germs in the mouth mix with sugar in foods and drinks. The germs then make acids that break down the enamel. Cavities are holes in the enamel caused by tooth decay.

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From your doctor

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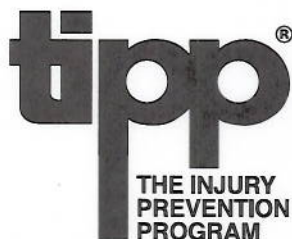


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1 to 2 Years



1 TO 2 YEARS

Safety for Your Child

Did you know that injuries are the leading cause of death of children younger than 4 years in the United States? Most of these injuries can be prevented.

Often, injuries happen because parents are not aware of what their children can do. At this age your child can *walk, run, climb, jump*, and *explore* everything. Because of all the new things he or she can do, this stage is a very dangerous time in your child's life. It is your responsibility to protect your child from injury. Your child cannot understand danger or remember "no" while exploring.

Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. **Handguns are especially dangerous.** If you choose to keep a gun, keep it unloaded and in a locked place, with the ammunition locked separately. Ask if the homes where your child visits or is cared for have guns and how they are stored.

Poisonings

Children continue to explore their world by putting everything in their mouths, even if it doesn't taste good. Your child can *open doors and drawers, take things apart*, and *open bottles* easily now, so you must use safety caps on all medicines and toxic household products. **Keep the safety caps on** at all times or find safer substitutes to use. Contact your Poison Center for more information.

Your child is now able to get into and on top of everything. Be sure to keep all household products and medicines completely out of sight and reach. Never store lye drain cleaners in your home. Keep all products in their original containers.

If your child does put something poisonous into his or her mouth, call the Poison Help Line immediately. Attach the Poison Help Line number (1-800-222-1222) to your phone. Do not make your child vomit.

Falls

To prevent serious falls, lock the doors to any dangerous areas. **Use gates on stairways** and **install operable window guards** above the first floor. **Remove sharp-edged furniture** from the room your child plays and sleeps in. At this age your child will walk well and start to climb, jump, and run as well. A chair left next to a kitchen counter, table, or window allows your child to climb to dangerously high places. Remember, your child does not understand what is dangerous.

If your child has a serious fall or does not act normally after a fall, call your doctor.



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Burns

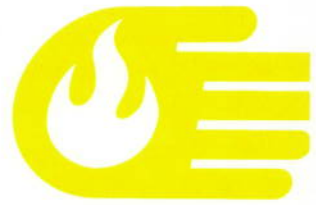
The kitchen is a dangerous place for your child during meal preparation. Hot liquids, grease, and hot foods spilled on your child will cause serious burns. A **safer place for your child** while you are cooking, eating, or unable to give him your full attention is the **playpen, crib, or stationary activity center, or buckled into a high chair**. It's best to keep your child out of the kitchen while cooking.

Children who are learning to walk will grab anything to steady themselves, including hot oven doors, wall heaters, or outdoor grills. Keep your child out of rooms where there are hot objects that may be touched or put a barrier around them.

Your child will *reach* for your hot food or cup of coffee, so don't leave them within your child's reach. **NEVER carry your child and hot liquids at the same time.** You can't handle both.

If your child does get burned, immediately put cold water on the burned area. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

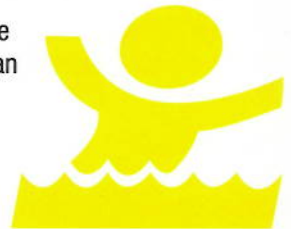
Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.



Drowning

At this age your child loves to play in water. **NEVER leave your child alone in or near a bathtub, pail of water, wading or swimming pool, or any other water, even for a moment.** Empty all buckets after each use. Keep the bathroom doors closed. Your child can drown in less than 2 inches of water. Knowing how to swim does NOT mean your child is safe near or in water. Stay within an arm's length of your child around water.

If you have a swimming pool, fence it on all 4 sides with a fence at least 4 feet high, and be sure the gates are self-latching. Most children drown when they wander out of the house and fall into a pool that is not fenced off from the house. You cannot watch your child every minute while he or she is in the house. It only takes a moment for your child to get out of your house and fall into your pool.



And Remember Car Safety

Car crashes are a great danger to your child's life and health. The crushing forces to your child's brain and body in a crash or sudden stop, even at low speeds, can cause severe injuries or death. **To prevent these injuries USE a car safety seat EVERY TIME** your child rides in the car. Your child should ride rear-facing until she is at least a year old AND weighs at least 20 pounds. It is even better for her to ride rear-facing to the highest weight and/or height her car safety seat allows. Be sure that the safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the instructions for using car safety seats in the owners' manual of your car. **The safest place for all infants and children to ride is in the back seat.**

Do not leave your child alone in the car. Keep vehicles and their trunks locked. There are dangers involved with leaving children in a car; death from excess heat may occur very quickly in warm weather in a closed car.

Always **walk behind your car** to be sure your child is not there before you back out of your driveway. You may not see your child behind your car in the rearview mirror.



Remember, the biggest threat to your child's life and health is an injury.

From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.